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Mailing rates go up

CANADA POST Starting today, Canadians will have to shell out a little more capital to mail a letter.

Canada Post says the cost of sending a first-class letter within the country will rise to 57 cents from 54.

Letters to the United States will cost $1 — an increase of two cents — and letters to all other foreign countries will rise by five cents to $1.70.

Canada Post says it currently delivers to about 15 million addresses across the country, with an additional 200,000 being added each year.

The Crown corporation says delivering to those additional addresses boosted operating costs by $26 million in 2008 alone.

Canada Post says its mail-processing equipment is now stretched to the limit, and it needs to invest in some new machinery.

THE CANADIAN PRESS

News on the Move

What's this barcode for?
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Vancouver Games

Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.
• Today — Skiers glide to World Cup podium, page 11

On the web

Visit metronews.ca for news updates

COP

Up in the air

DARREN KRAUSE/METRO CALGARY

Calgary's Warren Shouldice soars through the skies above the Canada Olympic Park snow bowl yesterday afternoon, during the Canada Post Freestyle Grand Prix world cup aerials event held in the city. Shouldice finished sixth in the contest.

Ludwig arrest defended

Charges still possible after new evidence found: RCMP

Wiebo Ludwig was arrested in the interest of public safety, RCMP said yesterday, even though B.C.'s Crown prosecutor decided there wasn't enough evidence against him to proceed with charges in connection with a series of pipeline bombings.

"We felt that there was a significant risk to public safety, especially in the Dawson Creek area," said Insp. Tim Shields, spokesman for the RCMP in British Columbia.

"We felt that there was a certain amount of pressure on us ... so that's why we executed the search warrant."

Ludwig was arrested Friday then suddenly released a day later without being charged.

Shields repeated yesterday that police have unearthed new evidence to hand over to prosecutors in B.C., who make the call on any charges in the case.

"We felt that there was a significant risk to public safety."
Tim Shields, RCMP

"We have obtained new evidence within the last 48 hours that we will be submitting to Crown counsel and we believe that this evidence is significant.

"Ultimately, it will be Crown counsel's decision as to whether a criminal charge is justified."

But Shields said there is no rush to lay charges, so the investigation will continue without a deadline. RCMP kept searching Ludwig's sprawling farm in northwest Alberta near the border with British Columbia yesterday for evidence in a half-dozen pipeline bombings over the last two years in northeastern B.C.

Ludwig was convicted of bombing sour gas wells in Alberta and served two-thirds of a 28-month sentence.

THE CANADIAN PRESS

Iranian-Calgarians fear for family in home country

KRISTA SYLVESTER
krista.sylvester@metronews.ca

UNITY Members of the Calgary Baha'i community are joining together in prayer over concerns of political unrest in Iran.

With the trial of the seven Baha'i leaders in Iran set to take place tomorrow, members of Calgary's Baha'i community are concerned about family members back home and over 100 gathered in several homes across Calgary yesterday to pray.

"The political unrest has been going on for awhile and now with the ridiculous charges against the members, I think everyone is hoping for a dismissal," Baha'i Calgary community spokesperson Romina Imani said.

Imani said the seven members of the Iranian Baha'i community have been in jail since spring 2008 without proper access to their lawyers and families and are facing allegations of involvement in demonstrations. The charges are believed to carry a death sentence, according to Imani.

Foreign Affairs Minister Lawrence Cannon issued a statement this week regarding Canada's concern over the situation, saying, "It is deplorable that these individuals were detained on the sole basis of their faith and have been denied a fair trial."

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Local

Residents safe after house fire

Three people escaped an early morning fire in the southeast Sunday. Fire crews were called to 128 Lysander Pl. SE shortly before 4:30 a.m. and reported heavy smoke and flames shooting from the roof and front living room area. Damage is estimated at $150,000 and the cause of the fire is still under investigation, though investigators are focusing on the living room fireplace. METRO CALGARY

ShareYourViews
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CALGARY OBITUARIES

CalgaryObits.com notes the following deaths in our community:

ASTALOS, Paul
BARRY, Douglas Neal
BJORNDALEN, Carmen Oliver
BRAMLEY, Leslie
CHAN DOS SANTOS, Antonio Maria
EDMISTON, Amelia Adah
EDWARDS, Mary E.
HERVEY, Elizabeth
HULL, Derek Frank
JOHNSTON, Charlotte (nee Nelson)
KARAN, Maya Wati
LAMB Raymond Alexander Robertson
LECHMAN, Aranka
MICHALOWSKI, Anna (Jaremczuk)
NELSON, Mildred
NOBLE, Spencer Thomas
PELLETIER, Orville
PETERS , Leonard (Len) John
PETROVYCH, Yaroslav
RUSSELL, Elman Dermie Wolter
SAHAI, Ram
SAUNDERS, Edward (Paddy) James
SHARMA, Chatendra Nath
SHAVER, Ronald Edward (Ted)
SZYPKA, Carmela (Calce)
VETTERS, Marion Irene (nee Clarke)
WAKELAM, Elsie
WATER CHIEF, Sylvia
WATSON, Jamie Douglas
WINCHESTER, John Wesley
WINKLER, Zachary Georg

For full obituaries go to CalgaryObits.com

Ditching fears — and pants

KRISTA SYLVESTER
krista.sylvester@metronews.ca

"I have no sense of shame."
Roderick Villanueva, No Pants Day participant

Not for the shy or insecure, several Calgary men took their pants off and bared their briefs at Olympic Plaza yesterday before riding the rails.

Garnering some double takes, five men donned their best underwear for the second annual No Pants Day in the city, following the lead of New York City who began the trend in 2002, according to organizer Thomas Terashima.

"It's actually been done globally by hundreds, if not thousands of people. Why? It's just for the experience of doing something people wouldn't normally do," he said, adding the event was taking place across the world yesterday.

Last year there were three participants and this year five, though Terashima hoped for more.

The men — no women showed up — spent a half hour walking in front of Olympic Plaza before jumping on Calgary Transit to ride the downtown corridor.

Roderick Villanueva said he heard about the Calgary event from his friend in Colorado and decided he would bare his legs in good fun.

"It took me awhile to find a nice pair of underwear that I would look good in but not show too much detail or skin," he said, opting for a pair of black and grey briefs.

"I have no sense of shame."

Calgary Transit spokesperson Ron Collins said as long as nobody was "boarding the trains naked," they didn't have a problem with the event.

KRISTA SYLVESTER/METRO CALGARY

From left: Roderick Villanueva, Kelvin Lin and organizer Thomas Terashima walk bare-legged as part of international No Pants Day yesterday at the Calgary Olympic Plaza. Five men dropped trou for the event.

Local humanitarian, artist remembered

KRISTA SYLVESTER
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Tears flowed at a "beautiful and emotional" memorial yesterday for a well-known city artist and advocate for homeless women who passed away last week.

Marsha Ellen Meidow's life was celebrated by hundreds of family, friends and even strangers who came from all over the world to pay their respects to her, according to friend Michael Lacavier.

Marsha Ellen Meidow

"It was sad, it was beautiful and amazing. People came from literally coast to coast and even the world because she touched so many people's lives," Lacavier said.

More than 500 people packed into the Republik downtown for the memorial and fundraiser event for Meidow, a YWCA Humanitarian of the Year award winner, who died Wednesday from a brain aneurism.

"I think the fact so many people came, some who hadn't even met her, really shows what a truly amazing person she was," he said, adding many even opened up their homes for strangers coming from abroad for the memorial.

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Calgary tweets

• @jtenchavez With the snow melting in #yyc the city looks so dirty...like Edmonton on a daily basis. *POW*
• @cheier Calgary Roughnecks home opener in under 2 hours. I can't wait to be at the game. Love Roughnecks lacrosse. #yyc

metronews.ca
WHAT'S ONLINE TODAY

Blogs Guidy Mamann's advice for those who have let their visitor's status expire at **metronews.ca/immigration**

Lotteries

Friday, Jan. 8
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Saturday, Jan. 9
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These results are not official.

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National Service Dog trained here

Nine-week-old golden retriever Tonka will be raised in Calgary as the fourth autism service puppy in training for the National Service Dogs organization. METRO CALGARY

Scooters steal spotlight at motorcycle show

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Taking advantage of new provincial regulations and a more affordable alternative to motorcycles, many Calgary Motorcycle Show patrons were asking questions about scooters, according to event officials.

Blackfoot Motorsports representative Edward Magat said many visitors were asking questions and browsing the scooters because they are street legal and don't require a motorbike licence if they are under 50 cc's with new Alberta rules.

"Even 15-year-olds are using the scooters as a learning tool for motorcycles and the older crowd likes to keep on the road with scooters, too," he said, but also added scooters are more affordable.

"They are a lot cheaper on gas, and you don't have to fill up very often. I think more people are looking for cheaper alternatives."

But another option people are really picking up on is the electric bicycle, which can go anywhere a bike can, he said.

KRISTA SYLVESTER/METRO CALGARY

Four-year-old Aidan Moody takes a scooter for a spin at this weekend's Calgary Motorcycle Show at Stampede Park.

"They are becoming quite popular and they are environmentally friendly, too," Magat added.

Show manager Laurie Paetz said 31,000 Calgarians took in the event over the weekend this year and believes motorcycles are as popular as ever despite the short bike season in Calgary.

"People are passionate about their bikes. It's just like golf season or baseball, when it's in season you do it as much as you can and get in as much time as you can," she said.

"It's a passion to ride, and a lot of people don't let that stop them at all."

Goodwill seeks Calgarians' help as donations hit winter slowdown

KRISTA SYLVESTER
krista.sylvester@metronews.ca

CHARITY Goodwill is short on donations and asking Calgarians to do a little "winter cleaning" and donate excess clutter to the organization in need.

Due to the holidays and weather, January is typically a slow time of the year for donations, according to spokesperson Barbara Engelbart.

"We see a peak of donations in the summer when things are warm, but things tend to slow down and we need to put a call out for donations," she said.

"If people have things they want to get rid of, then they can bring them here.

"When we don't have items to sell in our store, we can't raise money to fund our programs."

The organization is asking for gently used clothing and household items like small appliances, nick knacks, furniture and other items.

For more information on where to donate, please visit goodwill.ab.ca or drop off at any of Calgary's locations.

News in brief

TRANSIT Late Friday night, Calgary Transit operator Barb Osbourne was flagged down at 62 Avenue and Lynnview Road SE by a group of young people advising that one of them had been stabbed and was bleeding profusely. Osbourne had transit operations call police while she applied first aid until EMS arrived.

RELEASED The Calgary Police Service issued a public warning after Curtis Dale Hill was released from Edmonton and relocated to the Calgary area after serving a 10-year sentence for a variety of offences. Police warn that Hill has convictions for offences against both men and women for personal gain. He is now being sought by Calgary police for allegedly being in breach of his recognizance conditions. The Calgary police believe Hill poses a significant risk to the health and safety of people in the Calgary area.

ROBBERY Police are seeking a suspect described as a Hispanic male, 20 years old, five-foot-five and 160 pounds with black hair, brown eyes and acne after the CIBC in the 3600 block of 17 Avenue SE was robbed. The suspect, believed to be wearing a black hoodie, black pants and black toque, produced a note for the teller and was given an undisclosed amount of cash before the suspect left. Anyone with information is asked to call the CPS at 403-206-8787 or Crime Stoppers at 1-800-222-TIPS (8477).

GRADUATION Bow Valley College will send 400 students to the stage at the Jack Singer Concert Hall for the school's graduation ceremonies. Students from the Business and Industry department, the Academic Foundations and Health and Community Care programs will graduate.

METRO NEWS SERVICES

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Canadian gets reprieve from death sentence in Saudi Arabia
A Montreal man who was sentenced to die by decapitation in Saudi Arabia for his role in a fatal schoolyard brawl three years ago has received a reprieve in the form of a retrial. Saudi Arabia's highest court earlier this week revoked the death sentence against Mohamed Kohail. THE CANADIAN PRESS

Canada

Liberals use ads to bash Tories

Michael Ignatieff, left, and the Liberals are going on the offensive, rolling out ads that take straight aim at the Harper government's decision to put Parliament on ice until March. The move signals the Liberals are ready to borrow a page from the Conservative play book — running advertisements designed to raise doubts in the minds of voters. A print ad features a sign hung outside Parliament Hill with the words, "Closed out of self-interest." THE CANADIAN PRESS

Short sittings on Hill a thing of the past

Harper's math on session length outdated

If Canadians are piqued about the prorogation of Parliament, it might be because they're not looking back to the days of steam train and buggy travel for their comparison, as the prime minister appears to be.

Prime Minister Stephen Harper shrugs off his decision to put an end to a messy parliamentary session as a "routine" matter.

Harper's officials have argued that historically the average parliamentary session has lasted 109 sitting days, while the one that just ended lasted 128 days.

True, in the 144 parliamentary sessions since Confederation in 1867, MPs in the Commons have logged an average of about 105 sitting days per session.

But perhaps a more relevant comparison might be the average parliamentary session in the modern era — or, say, the prime minister's lifetime.

Harper is 50 and in that time, airline travel has made it easier for MPs to travel from a riding to Ottawa to sit in the legislature. In the 39 parliamentary sessions over the last 50 years, the average parliamentary session for MPs sitting in the Commons lasted 173 days.

Harper brought down that average with his 13-day session in 2008 after he prorogued Parliament when the opposition united and threatened to bring down the government.

In the past 50 years there was one other similarly short 11-day session. In 1988, the government of Brian Mulroney summoned Parliament briefly after the election to ratify the Free Trade Agreement, and then prorogued at the end of December to start anew in February.

If those two unusually brief parliamentary sessions are taken out of the count, the average session in the last half century ran for 182 sitting days.

Maybe that's why 128 sitting days feels a little short.

TORSTAR NEWS SERVICE

A recalibration

- Prime Minister Stephen Harper told the CBC he got all of his "important economic and financial" legislation through the last Parliament, and wanted time to "recalibrate."

Halifax **Oh Canada**

ANDREW VAUGHAN/THE CANADIAN PRESS

Rapper Classified, from Enfield, N.S., shoots a video for his song, Oh Canada, from his 2009 album, Self Explanatory, in downtown Halifax yesterday.

Nortel a long shot to succeed: Manley

TECHNOLOGY Nearly a year ago, on Jan. 14, 2009, Nortel Networks Corp. imploded under mounting losses, falling sales and big debts, and while many have rushed to point fingers for the blame, a former director John Manley says that saving the iconic Canadian technology company was always a long shot.

THE CANADIAN PRESS

FarmVille growing in Canada

GAMES Canadians appear to really dig FarmVille — an online farming simulation that boasts more than 73.8 million daily users worldwide just six months after it was launched.

Bill Mooney

Canada is the sixth biggest country in terms of the number of visitors to FarmVille, the most popular social game among Facebook's 350 million users.

Players can manage a virtual farm by planting, growing and harvesting virtual crops, trees and livestock.

The game is most popular among 18 to 35 year olds, said Montreal-born Bill Mooney, a Zynga vice-president and the general manager of FarmVille. THE CANADIAN PRESS

Do you know your Olympians?

VANCOUVER 2010 Games

STIG NIELSEN
for Metro Canada

"(There's) a greater national pride associated with the Summer Olympics because the Summer Olympics have a high participation from all the countries in the world."
Yupin Yang, Simon Fraser University professor

ATHLETES Only seven of 50 people interviewed by Metro in Vancouver over the last two days were able to name five Canadian Winter Olympic athletes.

Valid responses included athletes who have already qualified as well as those contending to make Canada's Olympic Team, which will be announced Jan. 29. The only catch is that responders were limited to naming only one athlete from the men's ice hockey team.

"I am surprised," said two-time Olympian Lindsay Alcock, who competed in skeleton in Torino and Sault Lake City. "But it's a good time to get to know the athletes. By this time next month they are all going to be household names."

The most-often named Winter Olympian was Vancouver Canucks goalie Roberto Luongo. Pittsburgh Penguins centre Sidney Crosby and speedskater Jeremy Wotherspoon shared the runner-up spot with five mentions each.

Figure skater Patrick Chan took bronze with four people naming him. Thirteen respondents gave Metro their personal information then said they couldn't name a single athlete.

Yupin Yang, an assistant professor of marketing with Simon Fraser University said the seemingly low knowledge of Canada's Olympic representatives is a consequence of low media exposure.

"Most people can name hockey players because they are exposed to the hockey players daily," Yang said. "However, athletes in other sports have very little coverage in our media such as TV, newspapers and Internet."

Yang also suggested that Summer Olympic athletes are better known.

"(There's) a greater national pride associated with the Summer Olympics because the Summer Olympics have a high participation from all the countries in the world," she said.

But Canada's Winter athletes can still become household names, by winning a medal on home soil or by participating in community events, Yang said.

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News in brief

TIGER A 66-year-old man from southern Ontario is dead after he was mauled by a 650 pound tiger he kept on his property. Ontario provincial police say they responded to a call at a residence in Southwold, known to have exotic animals on the property, yesterday afternoon after reports that a man had been mauled by a tiger. The victim has been identified as Norman Buwalda. THE CANADIAN PRESS

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ScanLife
Scott Thompson talks hitting "rock bottom" and beating cancer on the road to Kids in the Hall reunion. Scan this code for the full story.

No serious injuries after powerful California quake
An offshore 6.5 magnitude earthquake rattled communities in northern California Saturday, cutting power to thousands of customers, causing minor damage to homes and businesses and forcing many people to seek treatment for cuts and bruises from falling debris. THE ASSOCIATED PRESSS

World

Balloon dad changing his story

The father who orchestrated the balloon boy hoax is taking advantage of his final days of freedom by making rounds on news shows and saying that he is innocent. Authorities are not amused by Richard Heene's media blitz, and legal experts say he should be careful about thumbing his nose at the system. Heene, left, now says there was no hoax, even though he pleaded guilty and agreed to be sentenced to 90 days in jail. The interviews are pushing the boundaries of conditions of his probation that he not profit in any way from his newfound fame for four years. THE ASSOCIATED PRESS

Pakistani violence on rise

Recent murders blamed on political infighting

Dozens of people have been killed in Pakistan's largest city including four found yesterday — three of them headless — in a wave of targeted attacks among rival political groups that some say is aimed at destabilizing the country's ruling coalition.

Political violence is common in Karachi, but the shootings and decapitations since Jan. 1 have terrorized parts of this teeming metropolis, prompting the government to send in paramilitary forces to restore order.

The political infighting comes at a time when the government is facing a raging Taliban-led insurgency that has spread to Karachi and killed more than 600 people across the country in the past three months.

The growing unrest in the financial capital threatens to spark further instability.

"We have found four bodies of our party workers today," said Faisal Sabzwari, a provincial lawmaker from the Muttahida Qaumi Movement, the strongest political party in Karachi and one dominated by the minority Mohajir ethnic group.

"Three of them were headless, and we found the heads later on," Sabzwari told The Associated Press.

Sabzwari blamed members of the ruling Pakistan People's Party for fuelling the violence, saying much of it was being carried out by thugs from Lyari Town, a poor area of Karachi and a PPP stronghold.

"They are the Lyari gang members and criminals who are killing our workers, and there are some elements within the ruling party who patronize them," he said.

Although both parties are members of the ruling coalition, they have a tense relationship and a history of conflict that dates back to the arrival of Mohajir immigrants from India after Pakistan gained independence in 1947. THE ASSOCIATED PRESS

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ScanLife
U.S. forces in Iraq return to scene of a fierce battle to find a town in peace. Scan this code for the full story.

New Jersey **Landing gear failure**

KATHY WILLENS/THE ASSOCIATED PRESS

A United Airlines Airbus sits at Newark Liberty International Airport after making an emergency landing yesterday. Landing gear problems were blamed. All 53 people aboard the flight from Chicago were safely evacuated, and no injuries were reported.

News in brief

MALAYSIA Eight Christian churches have been attacked over three days amid a dispute over the use of the word "Allah" by non-Muslims. Many Muslims are angry about a court decision overturning a government ban on Roman Catholics' using "Allah" to refer to their God.

AFGHANISTAN An explosion outside a village in southern Afghanistan yesterday killed a U.S. Marine and a veteran war correspondent who became the first British journalist killed in the conflict, officials said.

ITALY Pope Benedict XVI denounced riots between immigrants and Italians in southern Italy. THE ASSOCIATED PRESS

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Northern Ireland leader told to resign because of wife's affair

Northern Ireland's former leader David Trimble has called on his successor, Peter Robinson, to step down after the revelation that his wife had an affair with a teenager. The admission by Robinson's wife, Iris, that she had an affair with a 19-year-old when she was 58 has angered the couple's socially conservative Protestant constituency. THE ASSOCIATED PRESS

News in brief

LAS VEGAS A New Jersey company says it has developed "the world's first sex robot," a life-size doll that's designed to engage the owner with conversation rather than lifelike movement. At a demonstration at the Adult Entertainment Expo, the dark-haired, negligee-clad robot said "I love holding hands with you" when it sensed that its creator touched its hand. Another action, this one unprintable, elicited a different vocal response from Roxxxy the robot.

PALIN Sarah Palin believed that Sen. John McCain chose her to be his running mate in 2008 because of "God's plan," according to a strategist in McCain's campaign. In an interview with CBS's 60 Minutes, Steve Schmidt said he asked Palin about her serenity in the face of becoming "one of the most famous people in the world." He quoted her as saying, "It's God's plan."

THE ASSOCIATED PRESS

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The dangers of black market plastic surgery

Clara Tolentino was terrified when her 43-year-old sister died last year after getting liquid silicone injections to add a bit more shape to her buttocks.

The 35-year-old Tolentino had good reason to be. In 2006, she paid $2,000 US to get liquid silicone injections, too.

Her sister, Fiordaliza Pichardo, died in March. According to an autopsy, about 1,400 milligrams of silicone were in her lungs. Fresh injection sites dotted her thighs and buttocks. The New York City medical examiner's office said the cause of death was silicone pulmonary embolism.

In the United States, liquid silicone is not approved for cosmetic injections. It can kill, disfigure and cause long-term health problems. Still, it is avidly sought on the black market by untrained providers for those women who desire rounder breasts, buttocks and more shapely thighs.

Especially notorious are "pump-up parties," where people, often members of the male-to-female transgender community, gather for liquid silicone injections in hopes of feminizing their appearance.

MARY ALTAFFER/THE ASSOCIATED PRESS

Clara Tolentino holds a photo of her deceased sister Fiordaliza Pichardo. In 2008, she says she paid $2,000 US to have a woman with no known medical training inject liquid silicone into her buttocks. Last year, her 43-year-old sister died less than a week after undergoing similar black market cosmetic injections.

According to a study reported at the 2006 meeting of the Radiological Society of North America, 11 women or transsexuals suffered silicone pulmonary embolism and died after getting liquid silicone injections. The study included 44 people over a 15-year period.

"Every single complication we found was associated with this illegal type of use," said the study's lead author, Dr. C. Santiago Restrepo, a professor of radiology at the University of Texas Health Science Center at San Antonio "Unfortunately, since this is an illegal practice, it's very difficult to know how widespread or what the numbers are."

The U.S. Food and Drug Administration has not approved silicone injections since 1992.

THE ASSOCIATED PRESS

Man who breached airport security faces only minor charge

NEW JERSEY The Chinese man believed to have caused a security breach that resulted in major delays last weekend at Newark Liberty International Airport when he took advantage of a guard's absence to sneak past a checkpoint and walk arm-in-arm with a woman has been arrested, authorities said.

Haisong Jiang, 28, of New Jersey was taken into custody Friday at his home, the Port Authority of New York and New Jersey said. He was questioned at the airport by police and released.

The Port Authority said in a statement that Jiang will be charged with defiant trespass, and that the charge was determined in co-ordination with the Essex County prosecutor and federal officials, though it's not a federal charge.

New Jersey Senator Frank Lautenberg, who was briefed on the arrest, said authorities found Jiang with "sheer, hard police work" of sifting through records and following leads.

But he expressed anger that Jiang faces a charge he described as a "slap on the wrist" and will only be given a fine of about $500.

"This was a terrible deed in its outcome — it wasn't some prank that didn't do any harm — it did a lot of harm because it sent out an alert that people can get away with something like this," said Lautenberg.

Lautenberg had pressed for surveillance video of the security breach to be publicly released.

He said he believes Newark airport is safe but will pursue airport security issues in upcoming Congressional hearings.

On a surveillance video released Thursday by the TSA and the Port Authority of New York and New Jersey, the security guard is seen sitting at a security podium in an exit lane as passengers stream past on their way out of the terminal.

A man wearing a light-coloured jacket stands inside a rope barrier, and the guard approaches the man, apparently telling him to move behind the rope.

Within a minute, the guard leaves the podium again and disappears into the crowd.

A woman in a long white coat approaches the podium from inside the terminal; the man sees her and ducks under the security rope, and the two walk past, arm in arm.

THE ASSOCIATED PRESS

Delays

- The breach led the U.S. Transportation Security Administration to shut down one of Newark Liberty International's three terminals for six hours yesterday, stranding thousands of passengers and contributing to long delays.

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Comment

Snowy sidewalks spur ticket flurry

First it was complaints about snowy, slippery roads. Now it's a record number of complaints about snowy, slippery sidewalks. It seems this winter, more than any other, has angered Calgarians.

Bylaw officers have been bombarded with a record 3,460 complaints in the past month about sidewalks not shovelled. Property owners adjacent to sidewalks are responsible to clear snow and ice within 24 hours of a snowfall.

If reported for not clearing your walks, the city will issue a warning and if not responded to, its crews will shovel for you at a cost of $150 to $450. City crews have cleared almost 1,000 sidewalks so far this season — another record.

I don't have a sidewalk, just a painfully long driveway. I parked the shovel a few weeks ago. With Calgary's average of 56.8 days with a snowfall of up to two centimetres and eight days with a snowfall of up to 23 cm, it's no wonder many of us are feeling a little weary.

Some point their finger — if the city is not getting roads and walkways cleared within 24 hours, why should we clean ours? It's true, the city has a limited budget and a priority system for snow and ice control, meaning it can take a while to get to some areas, but city surveys from 1997, 2004 and 2009 showed the same result — the majority of Calgarians were not willing to pay for enhanced services. After this year, it's probably fair to say that attitude has changed.

We all seem to agree on one thing — we don't like snowy, slippery roads or sidewalks. For the sake of mail carriers, meter readers, the disabled, elderly and the pizza guy, we should at minimum agree to clear our own walks.

I broke my shovel digging out of the monumental dumps of December 2008. Realizing plastic shovels are made for the beach, I upgraded to a metal-bladed shovel with wood handle. It might not be the self-propelled shovel of my dreams, but I've got the equipment, as I'm sure most fellow Calgarians do.

Next step — shovelling the snow. Almost 150 people have been injured in the last month from slips on sidewalks. Those with limited mobility can't travel through certain areas if they're not properly cleared.

The reasons are compelling enough — so if you don't want to shovel it yourself, then hire a residential snow removal service, but we should all commit to safe sidewalks.

Adrienne Beattie is a Calgary-born writer who has covered urban issues since 2001 and has an English degree from the University of Calgary.

Views

Exercise caution when battling the bulge

This time of year it seems as if someone is throwing diet and exercise information at us every time we turn around (which, by the way, burns .00324 calories).

In the past, it was generally accepted if you wanted to trim down, you simply had to eat less and exercise more. Nowadays, we can see the obvious flaw in this system. No one can make money from it.

Before you start shedding cash in order to shed pounds, here's what you need to know:

Home gym systems: Many experts say exercising at home can be fun and easy. We do not believe them, of course. However, if you are planning to buy home gym equipment, it's important to choose something that will suit your lifestyle in the long term. Ask yourself: "Will this elliptical trainer be good for hanging clothes on in March when I don't want to see it again?"

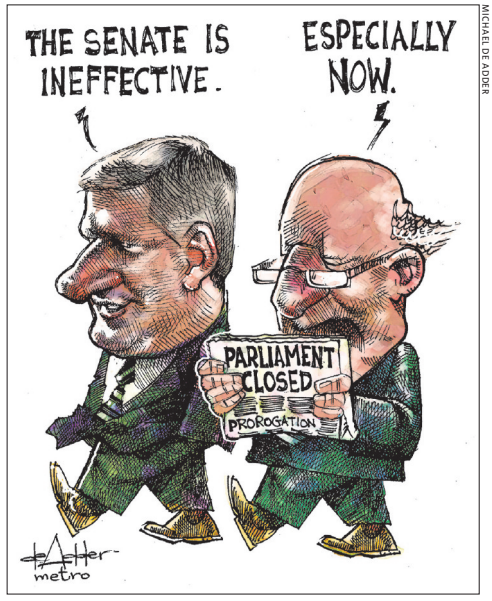
Gym memberships: Choosing a gym is all about location. I choose something near a doughnut shop. That way I can announce, "I'm going to the gym" as I head out for a French cruller. You may want to consider hiring a personal trainer, whose job is to make you hurt in every area of your body. If they wore leather boots, it would probably be illegal.

Exercise/diet books: Bookstore shelves are crammed with helpful titles such as Taylor Swift's Guide to Perfectly Toned Thighs ("Be 20 years old") or The Miracle of Losing Weight by Never Eating Again. Diet books can be very useful, but only if what you use them for is to strap them to your ankles on long walks.

My choice? This year, I think I'll try exercising my common sense instead of my credit card. I'm going to walk a little more, eat my veggies and cut down (but not out) on chips and sweets. Will I be thin in 2010? Maybe. But the advice I'm going with is this:

"Life should not be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body; but rather to skid in sideways, chocolate in one hand, chai in the other, body totally worn out, screaming 'Woo hoo, what a ride!'"

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



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Getting greener electronics
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EDITOR: BEN.RYCROFT@METRONEWS.CA

7 Green resolutions for 2010

Metro compiles a list of top tips to help live an eco-conscious lifestyle

ROMINA MCGUINNESS
Metro World News

January is the month of resolutions and the perfect time to dust off bad habits from the previous year. With the need to Go Green still going strong, Metro compiled a list of the top green tips for 2010.

This may mean you have to switch your luxury trip to the Maldives for a trip to the countryside… but at least it's in the interest of the planet.

PHOTOS.COM

Plant your own vegetables this year to help reduce the emissions cost of transporting food.

TRIM YOUR TRAVEL

Make 2010 the year of low carbon holidays. Rethink your choices carefully. Closer destinations will reduce your carbon footprint (whether you travel by train, plane boat or car) and could possibly end up being the cheapest option.

YOUR SHOPPING LIST

Buy organic food sources when possible, which are often better for your health as they are usually made using natural and non-processed sources. Cut down on your meat and dairy consumption and try making hearty meals using more fruit and vegetables. At the till, use a re-usable cotton tote to carry your groceries home rather than a plastic bag. Feeling thirsty? Drink tap water instead of bottled, or invest in an aluminum bottle and water filter.

GREEN YOUR GARDEN

Gardens don't only come in handy for summer barbecues. Plant your own garden patch with vegetables and fruit that are easy to look after and great to cook with. Spuds such as potatoes, carrots and tomatoes are good choices.

Left over banana peels in the bin?

Add them to a compost heap.

CUT YOUR COMMUTE

Ride your bike or walk to work. Not only will you be doing more exercise but you will also be alleviating your finances by saving the money you would normally be spending on fuel or public transport.

REDESIGN YOUR HOME

Making your own cleaning products using soap, vinegar or lemon is a good start. Adapt your house to its natural environment and make the most of the wind, sun and rain surrounding it. If you live in a sunny region, switch to using renewable energy sources and install solar panels on your roof.

OUT OF OFFICE

Print pages only when you have to and if you do, try not print out endless copies of the same document to save paper. Also, remember to switch off your computer when you leave and turn off any other electrical equipment such as desk lights or space heaters.

SWITCH OFF LIGHTS

Don't forget to switch off all the lights in your house when you leave for work in the morning or when you go to bed at night. It's a tiny move that can make a big difference.

Going Green in brief

CAR EMISSIONS Many cars put on weight without their owners realizing it. All sorts of things gradually accumulate inside, under the seats, in the glove box and in the trunk. Fifty kilograms of extra weight in the car will increase the fuel consumption by one or two per cent, so help your car lose its love handles, throw out the rubbish and reduce your emissions.

IDLING Don't idle. Any stop longer than 10 seconds will save you gas. The federal government's Office of Energy Efficiency says the average Canadian idles their car for five minutes a day, not counting warming it up on cold mornings. But cutting that out, you'll save about 42 litres a year — the equivalent of 101 kgs of greenhouse gas emissions.

BIRTHDAY GIFTS Have a family birthday coming up? Ask for only second-hand gifts from your guests. Go so far as to specify that on your invites. Need inspiration? For every can of garbage you put out, 70 cans are made upstream to produce that product, according to Annie Leonard's The Story of Stuff.

BABY WIPES If you are a parent of a young child, chuck your baby wipes. Most contain propylene glycol, a derivative of natural gas and hormone-disrupting parabens. Instead, try wiping your baby's bum with small washcloths and warm water.

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Canwest seeks newspaper selloffs
The cross-country newspaper chain run by Canwest Global Communications has fallen into the hands of the insolvent company's banks as it seeks to sell its big-city dailies. THE ASSOCIATED PRESS

Business

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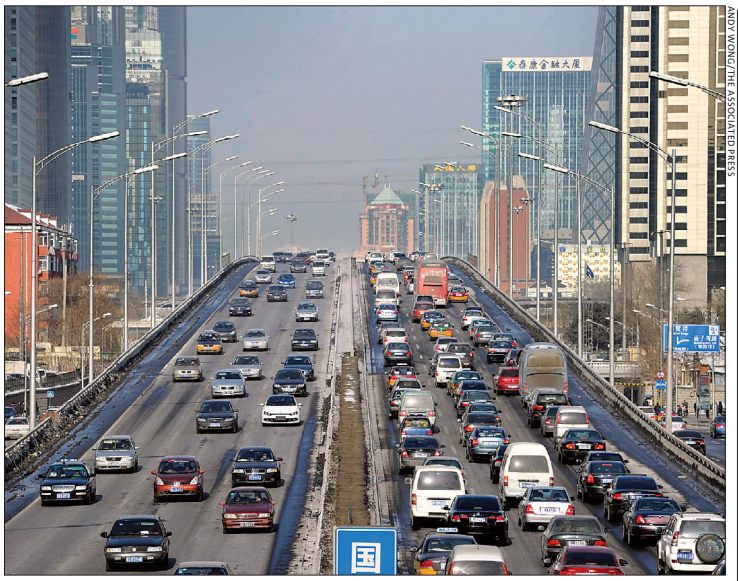
(Friday's close)	(Friday's close)	(Friday's close)	(Friday's close)

EDITOR: FERMIN.DESOUZA@METRONEWS.CA


ANDY WONG/THE ASSOCIATED PRESS

Heavy traffic clogs a highway in Beijing over the weekend. China overtook Germany as the world's top exporter after December exports jumped 17.7 per cent for their first increase in 14 months.

China takes crown as top exporter

TRADE China overtook Germany as the world's top exporter after December exports jumped 17.7 per cent for their first increase in 14 months, data showed yesterday, in another sign of China's rise as a global economic force.

Exports for the last month of 2009 were $130.7 billion US, data from the General Administration of Customs showed.

That raised total 2009 exports to $1.2 trillion, ahead of the $1.17 trillion for Germany forecast by its foreign trade organization, BGA.

China's new status is largely symbolic but reflects the ability of its resilient, low-cost manufacturers to keep selling abroad despite a slump in global consumer demand due to the financial crisis.

December's rebound was an "important turning point" for exporters, a customs agency economist, Huang Guohua, said on state television, CCTV.

"We can say that China's export enterprises have completely emerged from their all-time low in exports," Huang said.

Stronger foreign sales of Chinese goods could help to drive the country's recovery after demand plunged in 2008, throwing millions of labourers out of work.

Boosted by a 4 trillion yuan ($586 billion) stimulus, China's economic expansion accelerated to 8.9 per cent for the third quarter of 2009 and the government says full-year growth should be 8.3 per cent.

Economists and Germany's national chamber of commerce said earlier the country was likely to lose its longtime crown as top exporter.

THE ASSOCIATED PRESS

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ScanLife
Wireless charging, 3-D and Polaroid's comeback among the highlights of CES 2010. Scan this code for the full story.

Dubai firm's stock plunges after deal

SALE Investors battered shares of Arabtec Holding yesterday after the Dubai construction giant, which helped build the world's tallest tower, agreed to sell a controlling stake to a state-run investment fund in neighbouring Abu Dhabi. Arabtec shares plunged 6.9 per cent on the first full trading day since details of the deal with Aabar Investments became public. Analysts say the investment's structure could cut the value of stakes held by existing shareholders.

THE ASSOCIATED PRESS

Microsoft files to appeal i4i decision

TECHNOLOGY Canadian software company i4i says Microsoft Corp. filed a petition with the U.S. Court of Appeals Friday asking it to re-hear a patent-infringement case between the two companies.

The move follows a Dec. 22 judgment by the court that upheld $290-million US judgment which found that Microsoft wilfully infringed upon i4i's patents.

"This next step of seeking a rehearing was anticipated. We continue to be confident that we will prevail," stated i4i chairman Loudon Owen.

"In the meantime, the injunction against Microsoft goes into effect (today).

"We look forward to continuing to build i4i's business now that Microsoft is obligated to comply with the terms of the injunction."

In August, a Texas jury that found that i4i patents were infringed upon.

THE CANADIAN PRESS

Military eyes use of robotic vehicles

Don't expect them to say "Hasta la vista, baby," but the robotic armoured vehicles and pilotless aircraft being developed by Canada's military scientists may one day be able to think for themselves.

The aim of the project by Canada's defence research branch, launched last fall, is to improve on the current generation of remote-controlled devices designed for the battlefield.

It may sound like something from the Terminator films, but defence scientists say what they're doing is a long way from the world envisioned by the science fiction action flicks that made California Gov. Arnold Schwarzenegger a household name.

Terminator

- In the four-movie Terminator franchise, humanity fights in a genocidal war waged by artificially intelligent robots. Some of Schwarzenegger's most memorable catch phrases — "Hasta la vista, baby" and "I'll be back" — came from his turn as one of the murderous cyborgs.

Franklin Wong, who leads the project at Canadian Forces Base Valcartier, Que., says the vehicles under study are not meant for combat but rather surveillance.

"That's a very important capability that we're looking for," Wong said in a recent interview.

"Many of our projects (at Defence Research Canada) are geared towards the surveillance aspect."

The Canadian military currently employs Israeli-made Heron unmanned aerial vehicles (UAVs) to patrol bomb-infested roads and provide early warning of ambushes for troops on the ground in Afghanistan.

The Heron is capable of carrying weapons, but the Conservative government as recently as last spring turned down a request by the air force to install missiles on the drones that are controlled by pilots on the ground. THE CANADIAN PRESS

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Wishful thinking
Ben Rycroft offers up some stories he'd like to read about Canadian soccer this year at **metronews.ca/justsoccer**

Sports

Chapman signs with Cincinnati

Cuban left-hander Aroldis Chapman has agreed to a deal with the Cincinnati Reds. With a 100 m.p.h. fastball, he is considered by scouts to be among the top pitching prospects in the world. Chapman threw a bullpen session for major league teams in Houston last month, and the Toronto Blue Jays, Florida Marlins and Boston Red Sox also were thought to be among his suitors. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Sports in brief

WHL The Calgary Hitmen are loading up for what they hope will be a deep playoff run. Calgary acquired two of the Kamloops Blazers' top three scorers in a five-player deal yesterday. The Hitmen picked up right-winger Tyler Shattock, centre Jimmy Bubnick and defenceman Zak Stebner in exchange for Chase Schaber and Austin Madaisky.

CURLING Brad Gushue of St. John's, N.L., earned his first career Capital One Grand Slam of Curling event yesterday, downing Edmonton's Randy Ferbey 6-4 to capture the Swiss Chalet National. METRO NEWS SERVICES

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ScanLife

Solid QB play and strong D prove to be the winning formula for the Dallas Cowboys. Scan this code for the full story.

Cards headed to New Orleans

It took a few extra minutes, but the lineup for the divisional round of the NFL playoffs is set.

The Arizona Cardinals beat the Green Bay Packers 51-45 in overtime yesterday on Karlos Dansby's 17-yard fumble return for a touchdown to round out the field.

"He (Michael Adams) made a sack, the ball went in the air, I just made a play on the ball," Dansby said.

Earlier, the Baltimore Ravens routed the Patriots 33-14.

Arizona (11-6) will face the NFC's top seed, the Saints (13-3), in New Orleans on Saturday. The reward for Baltimore (10-7) is playing the AFC's top seed, taking on the Colts (14-2) later Saturday in Indianapolis.

The Ravens' win at New England sends the Jets to San Diego. A Cowboys-Vikings matchup in Minnesota already was set after Dallas won a playoff game for the first time since 1996 on Saturday night.

The Jets, Ravens and Cowboys all made statements this weekend that they're in top form. The Cardinals seemed poised to do the same when they raced out to a 17-0 first-quarter lead. But the Packers (11-6) scored three fourth-quarter touchdowns to send the game to overtime.

"That's probably one of the best games ever played in the playoffs," Cardinals coach Ken Whisenhunt said. THE ASSOCIATED PRESS

MATT YORK/THE ASSOCIATED PRESS

Green Bay Packers quarterback Aaron Rodgers watches Arizona Cardinal Karlos Dansby run back a fumble after Rodgers was hit by Michael Adams during overtime yesterday.

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SCOREBOARD

NHL

YESTERDAY'S RESULTS
Carolina 4 Ottawa 1
Tampa Bay 4 New Jersey 2
Columbus 2 Dallas 0
Tampa Bay 4 New Jersey 2

TODAY'S GAMES
Pittsburgh at Minnesota, 6 p.m.
Colorado at CALGARY, 8p.m.
Nashville at Vancouver, 8:30 p.m.
San Jose at Los Angeles, 8:30 p.m.

NFL PLAYOFFS

YESTERDAY'S RESULTS
AFC Baltimore 33 New England 14
NFC Arizona 51 Green Bay 45 (OT)

SATURDAY'S GAMES
AFC N.Y. Jets 24 Cincinnati 14
NFC Dallas 34 Philadelphia 14

DIVISIONAL PLAYOFFS

SATURDAY, JAN. 16
NFC Arizona at New Orleans, 2:30 p.m.
AFC Baltimore at Indianapolis, 6:15 p.m.

SUNDAY, JAN. 17
NFC Dallas at Minnesota, 11 a.m.
AFC N.Y. Jets at San Diego, 2:40 p.m.

NBA

YESTERDAY'S RESULTS
Boston 114 TORONTO 107
L.A. Clippers 94 Miami 84
New Orleans 115 Washington 110
San Antonio 97 New Jersey 85
Cleveland 106 at Portland 94
L.A. Lakers 95 Milwaukee 77

Olympics seen as money loser for NBC

NBC Universal says it expects to lose money on the upcoming Winter Olympics in Vancouver. NBC Sports chief Dick Ebersol says advertising sales for the Games have picked up over the past few months, but not enough to cover the fees NBC is paying. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

McIvor leads Canadian charge

B.C. native wins gold, two teammates take silver at World Cup skicross event

Ashleigh McIvor won gold to help Canada to a three-medal day at a World Cup skicross event yesterday.

McIvor finished ahead of teammate Julia Murray in the women's final. Canada's Stanley Hayer added a silver in the men's event.

"What was nice about today's win was I didn't advance because someone crashed," McIvor said. "It was all good strong starts and good strong skiing.

"It was really nice to come back to Les Contamines and finally race some air and some off camber doubles with good terrain and good flow. It's one of those courses that when you get to the bottom, you want to go do it again."

Olympic debut

- Skicross, which features a mass start and head-to-head racing on a course with turns, bumps, jumps and rolls, will make its Olympic debut next month at the Vancouver Games.

With the victory, McIvor rose to second in the overall standings with 247 points. Six-time overall World Cup champ Ophelie David of France was fourth to retain the overall lead with 290 points.

"I was kind of in shock when my teammate and I were in first and second," Murray said. "I was really excited."

McIvor and Murray are from Whistler, B.C.

Kelsey Serwa of Kelowna, B.C., was ninth, Danielle Poleschuk of Calgary was 10th and Aleisha Cline of Squamish, B.C., was 12th.

Hayer, of Calgary, finished behind Xavier Kuhn of France in the men's final.

Hayer said the Canadian team's mood is good heading into the Vancouver Games.

"It's a heavy weight on the shoulders but the mood on the team isn't too bad," he said. "We're racing against each other but we're also racing against the other freestyle disciplines and everyone is so good." THE ASSOCIATED PRESS

CHRISTOPHE PALLOT/AGENCE ZOOM/GETTY IMAGES

Ashleigh McIvor of Canada takes first place during a World Cup skicross event yesterday in Les Contamines, France.

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McGill earth and planetary sciences department awarded $4 million gift

McGill University has received a $4.1 million donation from alumnus Robert Wares and his company, Osisko Mining Corporation, in support of students and junior faculty members in McGill's Department of Earth and Planetary Sciences. METRO NEWS SERVICES

Workology

Canada's PhD production low

In its report How Canada Performs: A Report Card in Canada, the Conference Board of Canada awarded the country an "A" in education and skills, up from a "B" in 2008. In comparison to 16 other developed nations, Canada came in second to Finland in overall education and skills outcomes. However, Canada ranked last in terms of educating and graduating doctoral students, earning a "D" in this category. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Artist at heart, pricing by trade

Appraiser, of Antiques Roadshow fame, knows the cost of anything

OddJobs

Diane Peters

Metronews.ca/oddjobs

When you love to draw and paint growing up, you can't help but dream of becoming a professional artist.

But halfway through her degree in visual arts at York University, Charlotte McGhee, now 34, decided being a starving artist wasn't for her. She transferred into cultural studies, hoping that would lead to a career.

It did. After graduation and a year teaching English abroad, she came home and found posting for a research assistant at a Toronto company that appraised art and antiques for insurance.

"I just have to get this," McGhee told herself. Her knowledge of art got her hired on the spot.

For seven years, she learned on the job. Senior staff members would go out and look at a piece of china, art, furniture or jewelry, and come back with photographs and notes. McGhee's job would be to compare their information to the materials in the company's extensive library, and write up a report for an insurance company on the object and its estimated value.

As the years passed, McGhee got quicker and more knowledgeable, and soon was doing field work too.

In 2006, the Canadian Antiques Roadshow on CBC needed a fine art expert, and called her in. She worked on the last two seasons of the show.

Around that time, she left her job and started M&G Appraisals (the G is for her husband Wade Gaudette, who helps her out sometimes but mainly works as a chef) out of her home in Orillia.

She does appraisals for insurance purposes, but also to help settle estates when someone has died, and to divide assets in a divorce. Sometimes, people are just curious about the value of their possessions.

Once or twice a week, McGhee attends auctions, mainly to keep herself current on the latest fads and prices. As well, she collects herself and sells a little too, so she'll often buy.

She divides the rest of her time between visiting client's homes to either do on-the-spot appraisals ("I have a huge database in my head, I can give pretty accurate quotes") or to take photographs and notes. Then, at home, she consults her library of books and the various electronic databases she subscribes to find comparable items to aid her in writing a report about the item and its estimated value.

Being around all these antique treasures all the time has its pitfalls. "In my house, there's not an inch of wall that doesn't have art on it. I have closets stacked with art: I don't know what to do with it all."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown

Job title: Appraiser
Salary: Her rates start at $150 for the first hour for most appraisals
Education/training: Fine arts background, certification through an organization such as the International Society of Appraisers.
Best Part of the Job: "Telling people they have something of value. And just doing something I love."
Worst Part of the Job: "When you have to tell people it's only worth ten bucks. Sometimes, people really need the money."

PHOTO SUBMITTED

Charlotte McGhee is a professional appraiser.

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NEXT DENTAL HYGIENE PROGRAM STARTS FEBRUARY 1, 2010

Alberta training grant program struggles to meet demand
Post-secondary schools in Alberta are hoping for another funding boost in the next provincial budget after having to virtually halt applications for government-funded Alberta Works spaces because of overwhelming demand. METRO NEWS SERVICES

Peering into the big world of PR

RAFAEL BRUSILOW
for Metro Canada

Telling stories the right way and making sure they are heard is what Pat McNamara does best.

As founder and CEO of APEX Public Relations Inc., McNamara, 52, is known for being honest and straightforward in an industry often caricatured as being neither of those things. She's also been recognized as one of Canada's Top 100 Women Entrepreneurs and says what keeps her motivated and successful is a focus on trust and lasting relationships.

"The business I'm in is a lot about relationships. I don't think clients ultimately buy on price. Particularly in the service business, people want good relationships — they want to work with people they like," McNamara said.

When she started APEX in 1998 she was the sole employee in a small office, buying furniture on the same day new clients were walking in the door. Now, years later, McNamara's company numbers more than 30 employees and is a growing force in Canada.

"PR used to be a 'nice to have,' now it's a 'have to have.'" she says.

Big names

- Apex clients include such big names as Nike, Nintendo of Canada and Bank of Montreal.

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Leno off prime time

NBC confirmed Sunday Jay Leno's nightly prime-time show will end with the beginning of the Winter Olympics on Feb. 12. Gaspin says NBC wants Leno to do an 11:35 p.m. show each night, a return to his old time slot. THE ASSOCIATED PRESS

Entertainment

Buble to wed?

Michael Buble is set to race up the aisle after asking his girlfriend Luisana Lopilato to marry him. The 34-year-old singer reportedly proposed to the Argentine actress/singer, 22, over the holidays. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Lovely Bones drops blood and guts

NED EHRBAR
Metro World News

In bringing Alice Sebold's The Lovely Bones to the screen, director and co-writer Peter Jackson knew just as much hinged on casting young Susie Salmon, the murdered teen narrator (Saoirse Ronan) as it did on casting her killer, George Harvey.

To hedge his bets, Jackson turned to veteran stage and screen actor Stanley Tucci.

"We actually had people say they'd never take this role because they couldn't imagine spending months walking in the shoes of this man," Jackson remembers.

Tucci himself had his own reservations, he admits.

"I was very reticent to take the part at first because I have kids, and I can't really read anything or watch anything with kids getting harmed," says Tucci, last seen in Julie & Julia as a loving husband to Meryl Streep's Julia Child. "I don't like things with serial killers. A lot of it's gratuitous or pornographic, almost."

Luckily, Tucci is far from a method actor. "I'll go as far as I have to go in order to make you believe me," Tucci says of becoming a disturbed killer beneath Mr. Harvey's quiet, unassuming surface.

"In the end, it's pretending. So really, if I don't feel anything while I'm making a movie, it doesn't really make any difference. What makes a difference is what you feel watching me. If you believe me, that's all that matters."

Jackson, however, tells a different story. "I think Stanley hated inhabiting the skin of this character," the director says. "He tried each night to shower off the reptilian stuff he carried around all day."

Tucci admits that he might've had those problems at first. "But once you once you understand who he is and you find him, for me, then I could drop him at the end of the day," he says.

Both Jackson and Tucci have been surprised at some of the reactions they've gotten over the choice to leave the graphic depiction of Susie's rape and murder — portrayed in detail in the book — out of the movie, which is rated PG-13.

"How much murder and killing do you need to be satisfied?" Jackson asks. "To show a 14-year-old girl being murdered in any way, regardless of how briefly, it would frankly make it a film that I would have no interest in seeing. To do anything that depicted violence toward a young person in a way that was serious, to me, would be repulsive."

Peter Jackson on the set of The Lovely Bones.

The Lovely Bones opens Friday

"To do anything that depicted violence toward a young person in a way that was serious, to me, would be repulsive."
Peter Jackson

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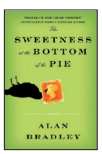
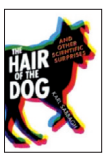


The Sweetness at the **Bottom of the Pie**

Author: Alan Bradley
Publisher: Anchor Canada
Price: $19.95 (Paperback)

Lost Voices from **The Titanic**

Author: Nick Barratt
Publisher: Preface
Price: $25 (Paperback)



The Hair of **The Dog**

Author: Karl Sabbagh
Publisher: Hodder
Price: $24.99 (Hardcover)

BookPicks

FOR EACH OF Flavia de Luce's eccentricities, there's a curious bone in her body begging to poke around. The 11-year-old at the centre of Canadian writer Alan Bradley's latest is tickled when trouble comes to the English mansion she calls home in the summer of 1950. When a strange man dies in her garden, Flavia aims to find his killer, working with a dead bird with a stamp stuck on its beak, poisonous custard and her father's questionable history as evidence. Sweetness is Bradley's first in a six-part series following the young heroine.

NICK BARRATT is best known for his work in genealogy, tracing personal roots and familial affairs through his books and U.K. television series offshoot, Who Do You Think You Are? But in the English writer's new release, he focuses on a single historical moment: The sinking of the ill fated Titanic. Using a framework of oral history, Barratt observes the construction of the passenger liner and its eventual demise. Using newspaper clippings, recorded diaries and letters, Barratt bridges scientific and historical fact with experiential accounts to create a more personalized chronicle.

WHETHER IT'S the "yummi-ness" taste bud you never knew you have, Fido's sense of fairness or biblical proof that π = 3, this new, educational collection by Karl Sabbagh contains a host of lesser-known facts for science junkies and laymen alike. Organized into seven sections, The Hair of the Dog presents uncomplicated truths behind the earth and beyond, plants and animals, numbers, body, mind and more. Written in brief, straightforward bursts throughout, Sabbagh's assortment of scientific facts is an enjoyable casual read that provides fodder for the purveyor of random knowledge in you.

Brian Coulton/for Metro Canada

Box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres, according to The Associated Press:

1. **Avatar:** $48.5 million US
2. **Sherlock Holmes:** $16.6 million
3. **Alvin and the Chipmunks: The Squeakquel:** $16.3 million
4. **Daybreakers:** $15 million
5. **It's Complicated:** $11 million
6. **Leap Year:** $9.2 million
7. **The Blind Side:** $7.8 million
8. **Up In The Air:** $7.1 million
9. **Youth In Revolt:** $7 million
10. **The Princess and The Frog:** $4.7 million

THE ASSOCIATED PRESS

Cole, Gibson to wed
Singer Keyshia Cole is planning a wedding with her NBA star fiancé, Daniel Gibson of the Cleveland Cavaliers. She's pregnant with their first child. PEOPLE.COM

Kids tickled to Death

CHRIS ALEXANDER
for Metro Canada

When it comes to the high concept, cross-dressing, sacred cow killing comedy troupe The Kids in the Hall, "conventional" is a word that simply does not stick.

The celebrated Canadian counter-culture sketch-com heroes rose out of the clubs, eventually aligning themselves with Saturday Night Live producer Lorne Michaels in the 1980s and launching a wild, often controversial television series that lasted six glorious seasons on both CBC and HBO.

Now, after a 15-year absence, the Kids return to the airwaves with the new eight-part CBC miniseries Death Comes to Town, a dark, deliriously absurd show that blends the small town quirk of Corner Gas with the gothic, grand feel of the Final Destination films — all interpreted through the Kids' trademark abstract comedy sensibilities.

"We started writing a lot during our last live tour in 2008," says original member Mark McKinney who has the honour of playing the scythe wielding Grim Reaper. "It really kind of reignited that spark, that serious interest in actually doing TV again."

Mark McKinney plays the Grim Reaper in Death Comes to Town.

Death Comes to Town premieres tomorrow night on CBC Television

Death Comes to Town sees McKinney's disgruntled wraith accidentally ending up in the fictional backwater town of Shuckton, Ont., and inadvertently becoming embroiled in the often sordid lives of the local yokels, almost all of whom are played by the Kids in a variety of disguises.

But unlike any previous screen treatments of the Reaper, McKinney's Death is less grim and more rockstar chic.

"He's on a lousy route," says McKinney of his iconic alter ego. "He literally gets off this Greyhound bus into this crappy little town and has to deal with all this bizarre characters. Originally, I was full on Reaper but it just didn't feel right. So we stripped it back, made him edgier, more outrageous."

"We started writing a lot during our last live tour in 2008. It really kind of reignited that spark, that serious interest in actually doing TV again."
Mark McKinney

Lunacy is The Kids in the Hall stock-in-trade and Death Comes to Town is nothing if not a love letter to their fiercely devoted cult of fans.

"Each member has a totally different personality and set of influences," McKinney admits. "With me it's sociopath movies like Taxi Driver and the comedy of SCTV and Monty Python. But that's what makes our dynamic work, that's why we've endured."

CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/11/10	267	351	- ACCESS	Alberta Primetime (Live)		Castle (HDTV) (N)		Tough Love (N)		Fringe "Unearthed" (N)		Primetime
	243	317	3 CFCN	etalk	Access H.	CSI: Miami (HDTV) (N)		The Mentalist (HDTV) (N)		Two/Half Men	Big Bang	CTV News
	-	-	4 OMNI	King/Queens	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	Two/Half Men	Metropia
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	The Bachelor: On the Wings of Love (HDTV) (N)				Castle
	245	306	6 CBRT	Wheel Fortune	Jeopardy! (N)	18 to Life	Little Mosque	Winnipeg Comedy		CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	Heroes "Close to You"		House "The Down Low"		Lie to Me		News Hour
	246	-	8 CKAL	Chuck (HDTV) (N)		The Jay Leno Show (N)		The Bachelor: On the Wings of Love (HDTV) (N)				Your City
	119	705	9 CBXFT	Virginie (SC)	Les Parent (N)	L'Auberge du chien noir (SC)		Les Boys (SC)	C.A. (N) (SC)	Le Téléjournal Nouvelles. (SC)		TJ Alberta
primetime	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News	Access H.	The Doctors		How I Met	Accidentally	Two/Half Men	Big Bang	CSI: Miami (N)
	-	374	14 KSPS	PBS NewsHour (N)		'Allo, 'Allo!	Steves Europe	Antiques Roadshow (N)		American Masters (N)		Amer. Masters
	502	390	15 CBC	CBC News: The National		World's Oldest Moms (N)		CBC News: The National		CBC News: The National		Oldest Moms
	-	370	16 KHQ	News (N)	Millionaire	Jeopardy! (N)	Wheel Fortune	Chuck (HDTV) (N)		Heroes "Close to You"		Jay Leno Show
	-	373	22 KAYU	The Office	Raymond	Two/Half Men	Two/Half Men	House "The Down Low"		Fringe "Unearthed" (N)		News
	297	652	37 WPIX	Gossip Girl (HDTV)		PIX News at Ten Tong.		Two/Half Men	Friends	Friends	According/Jim	Family Guy
news	500	500	29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502	31 CNN2	The Joy Behar Show		Nancy Grace		Showbiz Tonight		The Joy Behar Show		Nancy Grace
sports	400	400	21 TSN	Basketball	SportsCentre		That's Hockey!	SportsCentre	Off the Record	Triathlon: Ironman		Billiards
	408	418	27 net	MMA Conn	Flames Conn	NHL Hockey Colorado Avalanche at Calgary Flames. (HDTV) (Live)					Sportsnet Con.	Sportsnet Con.
	410	403	30 SCORE	(7:15) WWE Monday Night RAW				Score Now	Score Now	WWE Monday Night RAW		
	411	457	44 OLN	Operate-Repo	Operate-Repo	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters
	417	406	48 SPEED	Barrett-Jackson		Barrett-Jackson		Car Crazy	Pass Time	SuperCars	SuperCars	Auctions
family	552	543	20 YTV	iCarly	To Be Indie	Scorpion	Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz
	557	541	39 FAM	Han. Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
	555	545	67 TOON	Jimmy Two	Johnny Test	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad
cable variety	575	583	11 CMT	Gilmore Girls		*Days of Thunder* ★★ (1990, Action) Tom Cruise, Robert Duvall, Nicole Kidman. Premiere.						*Days-Thunder*
	553	546	17 TREE	Little Bear	Bucket-Dinos	Babar	Big & Small	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	House-Sell	House-Sell	Supernanny		Dine With Me	How Clean Is	Love It or List It "Gallagher"		Love It-List It
	521	560	24 TLC	Cake Boss (N)	Cake Boss	BBQ Pitmasters (HDTV)		Little People	Little People	Cake Boss	Cake Boss	BBQ Pit
	603	561	25 FOOD	Top Chef Masters		Pitchin' In	Glutton	Restaurant Makeover		Diner, Drive-In	Unwrapped	Top Chef
	615	520	26 A&E	Intervention "Jackie" (N)		Hoarders "Linda; Todd"		Paranormal State (HDTV)		(10:01) Intervention		Intervention
	617	522	32 SHOW	Trailer Park	Trailer Park	Relic Hunter		*Seventeen and Missing* (2007, Drama) Deedee Pfeiffer.				Bones
	601	562	33 SLICE	Tori & Dean: Home		Love Inc.	Love Inc.	ET Canada	What Happen?	Real Housewives of Jersey		Housewives
	-	633	34 ENC2	*All the Pretty Horses* ★★ (2000, Drama) Matt Damon.				*Clay Pigeons* ★★ (1998, Comedy)			(10:45) *Lone Star* (1996)	
	520	505	35 DISC	Man vs. Wild "Alaska"		Dirty Jobs (N)		Daily Planet		MythBusters		Dirty Jobs
	620	523	36 BRAVO	Death in Venice Canadian pianist Louis Lortie.			Glee Club	Law & Order "Virtue"		Without a Trace		*Smash-Up Stry*
	294	650	40 WPCH	House-Payne	House-Payne	*The Legend of Bagger Vance* ★★★ (2000, Drama) Will Smith.					*The Legend of Bagger Vance*	
	626	547	41 COM	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Com. Cen. Hot
	-	539	42 TCM	(6) *A Place in the Sun*		(8:15) *A Streetcar Named Desire* ★★★★ (1951, Drama), Vivien Leigh					*East of Eden* (1955)	
	628	584	43 SPIKE	UFC Fight Night (HDTV) (Live)				Wild World	MANswers	UFC Fight Night (HDTV)		
	522	516	45 HIST	The Battle of Medak Pocket		Massacre at Verrieres Ridge		Greatest Tank Battles		Lost Worlds		Shockwave
	627	528	46 SPACE	*Path of Destruction* (2005, Science Fiction), David Keith				Stargate SG-1		Star Trek: Next Gener.		Lost
	-	-	47 AMC	(6) *Spy Game* ★★ (2001, Suspense) Robert Redford.				*The Jewel of the Nile* ★★ (1985, Adventure) Michael Douglas.				
	619	525	49 TROP	Carlawood	Prod. Parker	Re-Vamped		Parking Wars	Parking Wars	Flipping Out		Launch-Line
	600	564	50 HGTV	Marriage	My First Place	House Hunters	House Hunters	Holmes on Homes		Marriage	Income Prop.	For Rent
	501	391	52 CTV	CTV News Tonight		CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
	504	508	70 BNN	Squeeze Play		Business News	Berman's Call	Market Call Tonight		Headline	MoneyTalk	Squeeze Play
	526	507	92 VIVA	The Closer "Next of Kin"		Cold Case "Colors"		Mediums	In Dreams	Judging Amy		Missing
	269	350	93 APTN	Metcom	La Voix Mechif	New Canoe	Storytellers	*Elijah* (2007, Biography) Billy Merasty, Maury Chaykin.				Rez Rides
	-	-	94 MCP	World News	News	Sewing Maid	Immortal Yi, So	State Secret		To Be Announced		Pinoy-Entertain
	571	581	100 MMM	All Access		Entourage	Wild 'n Out	mmtop10.ca		All Access		Entourage
	570	580	101 MM	So You Think You Can Dance		Video on Trial	Video on Trial	MuchOnDemand		America's Best Dance Crew		MuchVibe
	581	566	102 MTV	Teen Mom		Super Sweet	Teen Cribs	MTV Live	After	The Real World "D.C."		Super Sweet
	-	-	116 TV5	(6) Des racines et des ailes		Voyageur	Urbania	TV5 Le Journal	A Table	Rélais	Michel Legrand intime	

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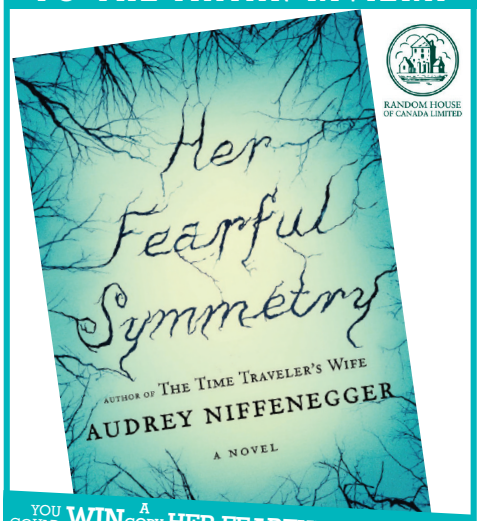

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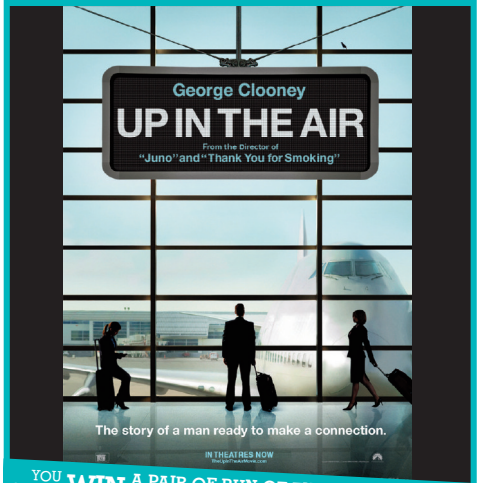

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Jon Gosselin's new flame

Kate Gosselin may have a new hairdo, but ex-husband Jon Gosselin has a new girlfriend. Gosselin, 32, is dating Morgan Christie, 25, according to People. The couple met while skiing in Utah, according to the magazine. METRO NEWS SERVICES

Celebrity Buzz

Divorcees unite

THE PAST IS THE PAST Though their marriage was more than rocky, Sean Penn and Madonna have apparently put the past behind them, as the pair were spotted looking chummy at a hotel restaurant in New York recently, according to Page Six.

"Penn stopped by the table to say hi," a rep for Madonna confirms. The two were "laughing and chatting," according to a source. "They seemed to be getting on so well, we had to look twice to make sure it really was Sean Penn she was with."

METRO WORLD NEWS

Brit's beau spotted with not one, but two babes!

HE'S GOT SOME EXPLAINING TO DO A night on the town nearly spelled the end for Britney Spears and boyfriend Jason Trawick, according to the Daily Mirror. Trawick was reportedly spotted recently at a Los Angeles bar with a pair of attractive women.

"When she heard he'd been caught cozying up two girls in The Roger Room, it was the last straw," a source tells the newspaper. "Jason's really not like this and quickly tried to calm Britney down and rectify the situation. He explained the girls were just friends and there was nothing in it but they still had a massive row."

All seems to be well, however, as the pair met up this weekend at the Chateau Marmont and left together.

METRO WORLD NEWS

Celebrity tweets

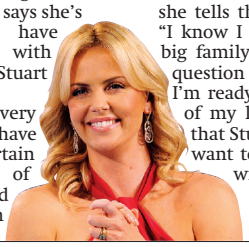
Jon Favreau lives with some tough critics, Heidi Montag finds happiness and Ellen DeGeneres gets around

- @Jon_Favreau It's a split decision. My 8 year old thought Avatar was better, but my 6 year old went with the Squeakquel.
- @heidimontag just got the best spray tan! I haven't been tan is so long! I wish it would last forever, maybe one day
- @TheEllenShow I'm on the cover of Entertainment Weekly with Simon! Shhh, don't tell Oprah I'm cover-cheating on her.

METRO WORLD NEWS

It's baby time: Theron

READY FOR NEXT STEP After nine years together, Charlize Theron says she's ready to have children with boyfriend Stuart Townsend.



"I feel very blessed to have had a certain amount of success and now I'm reaching the point where I would love to be a mom," she tells the Daily Mirror. "I know I want to raise a big family and it's just a question of time. I know I'm ready for that phase of my life and I know that Stuart is the man I want to take that step with."

METRO WORLD NEWS

On the market...

FRIENDLY SPLIT After a few months happily dating electrician Jamie Padgett, Pamela Anderson is reportedly on the market again, according to Radar Online.

"Pam made it pretty clear she is no longer dating Jamie and that she was looking for a new love interest," a source says. "She didn't have anything bad to say about him and described him as a 'sweet guy' and that she hoped they would remain friends."

Anderson and Padgett began dating after the actress moved into a trailer while her house was being renovated.

METRO WORLD NEWS

Be careful with your compliment

STRANGE ADMIRATION Sharon Stone has a lot of admiration for Meryl Streep — she just has a funny way of showing it. "She looks like a woman we can all relate to," the Basic Instinct star tells Tatler magazine. "I look at her and I think, 'I'm chasing my kids, I've moved my parents in with me, I'm coping with food spills — that looks like me in real life.' Meryl looks like an unmade bed, and that's what I look like."

METRO WORLD NEWS

'We really, really love each other'

TWICE CONFIRMED Here's one way to battle divorce rumours: One year after they tied the knot, Josh Duhammel and Fergie reportedly renewed their vows in a private ceremony in Santa Barbara, Calif., according to Radar Online.

METRO WORLD NEWS

Follow these tweet clues

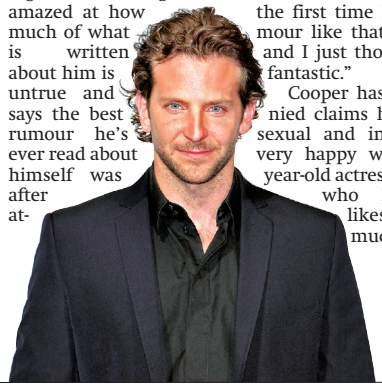
IS BABY BRAND ON THE WAY? Katy Perry has got people.com curious about whether she is, or isn't, pregnant. People.com admits it may be reading between the Tweets, or the 25-year-old singer is sprinkling clues she's having a baby with new fiancé Russell Brand. It started with her Jan. 1 message: "Let me tell you 2010 is BUMPIN!" Then on Friday, Perry wrote, "Hey @rustyrockets" — Brand's Twitter name — "i heard ur prego-ed." She adds, "I WANT IN AND OUT," a Southern California hamburger chain, before telling Brand, "I love you … (awwwww barf!)."

The website says it is all very cryptic, but adds it was only a few days ago that Perry made oblique song lyric references on Twitter.

METRO NEWS SERVICES

Guess my orientation

BEST RUMOUR EVER Bradley Cooper thinks it was "fantastic" people thought he was gay, femalefirst.co.uk reports.



The actor — who is dating Renee Zellweger — is amazed at how much of what is written about him is untrue and says the best rumour he's ever read about himself was after attending an event with his actor friend Victor Garber and it was reported they were dating.

He said: "People thought we were dating. It was all over the Internet. It was the first time I read a rumour like that about me, and I just thought it was fantastic."

Cooper has always denied claims he is homosexual and insists he is very happy with his 40-year-old actress girlfriend, who he "really likes very much."

METRO WORLD NEWS

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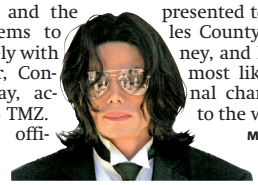
Blame it on the doc

CRIMINAL CHARGES The investigation in Michael Jackson's death is now complete, and the blame seems to fall squarely with his doctor, Conrad Murray, according to TMZ.



Jackson officially succumbed to acute Propofol intoxication. The case will now be formally presented to the Los Angeles County District Attorney, and Dr. Murray will most likely face criminal charges, according to the website.

METRO NEWS SERVICE

Today Mostly cloudy 6°C / -5°C
Tuesday Morning clouds 5°C / -3°C
Wednesday Afternoon clouds 2°C / -3°C

BT BREAKFAST TELEVISION

Andrew Schultz, Meteorologist – Breakfast Television
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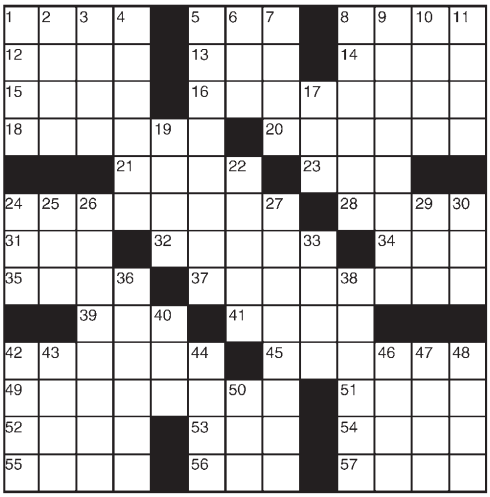
WEEKDAYS AT 6 A.M.

Take Five



1 With (Fr.)
5 Recipe meas.
8 Sleeping
12 Prima donna
13 Regret
14 Give a darn
15 Tel —
16 American dessert
18 Pepperdine University site
20 Type of bird dog
21 Intentions
23 Square root of IX
24 Draw near
28 Despot
31 Meadow
32 Porch
34 Compass pt.
35 Get your second wind
37 Book supplement
39 — Beta Kappa
41 Architect Saarinen
42 Scottish landowners
45 Many Christmas decorations
49 Highly pertinent
51 Hawaiian island
52 Acute
53 Fleur-de- —
54 Of the ear
55 Being (Lat.)
56 Chances, for short
57 Dilbert's workplace

DOWN

1 Leading man?
2 "— Las Vegas"
3 Satan's specialty
4 Fancy fish eggs
5 Disordered mental states
6 Dine
7 Energizes, with "up"
8 Vinegary
9 Christened
10 One of a Great quintet
11 Antelope's playmate
17 Garland from
19 Life stories, for short
22 Range
24 Matterhorn, for one
25 "The Princess and the —"
26 Primitive wind instruments
27 Despairing
29 Blackbird
30 Tyrannosaurus —
33 Actress Gilpin
36 Royal perch
38 Worthless
40 Egos' counterparts
42 10-Down, e.g.
43 Tarzan's cronies
44 Missile shelter
46 Loathe
47 Not that
48 Leeches do it
50 Gratuity

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	9		3		8	1		
	8			2	4			
		7					5	
		6			1			3
4								9
5			2			4		
	6					7		
			7	5			8	
		1	8		6		3	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

1	9	2	4	7	3	5	6	8
6	3	7	8	1	5	4	9	2
8	4	5	2	6	9	3	7	1
2	6	9	3	5	7	1	8	4
4	5	1	9	8	2	6	3	7
3	7	8	1	4	6	2	5	9
9	8	6	5	2	4	7	1	3
5	1	4	7	3	8	9	2	6
7	2	3	6	9	1	8	4	5

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Tasty Tuna Fishcakes

INGREDIENTS:
1 lb (500 g) potatoes, peeled and cut into chunks
2 tbsp (25 mL) butter
1 tbsp (15 mL) creamed horseradish
2 tbsp (25 mL) chopped fresh parsley
3 scallions, chopped
3/4 cup (175 mL) canned corn, drained
6 oz (170 g) can tuna chunks, drained
2 tbsp (25 mL) flour
2 tbsp (25 mL) canola oil

METHOD:
To serve
Tartar sauce and lemon wedges

1. Cook potatoes in pot of boiling water 15-20 minutes. Drain, then return to pot with butter and mash until very smooth.
2. Add horseradish, parsley, scallions and corn to hot mashed potato and stir; add tuna and season to taste. Let cool slightly.
3. Shape mixture into eight thick flat cakes, each measuring 2 3/4 in. (7 cm) in diameter. Dust on both sides with flour.
4. Heat oil in large frying pan. Add fish cakes and cook over medium heat 3-4 minutes per side or until well browned, turning with slotted spatula. Serve hot with tartar sauce and lemon wedges.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You should not be waiting for others to tell you what to do, you should be out there doing it for yourself. What are you waiting for?

TAURUS ♉
APRIL 21-MAY 21
You may be reserved by nature but that does not mean you don't want to get ahead in the world. You are determined to reach the top.

GEMINI ♊
MAY 22-JUNE 21
You can do no wrong at the moment. Both in your personal life and at work you are the center of attention, and rightly so.

CANCER ♋
JUNE 22-JULY 22
Do opposites really attract? Yes they do and someone who is as different from you as it is possible to get will catch your eye.

LEO ♌
JULY 23-AUG 23
Everyone has daydreams but you seem to be enjoying more than your fair share at the moment.

VIRGO ♍
AUG 24-SEPT 22
You will be on the best of terms with everyone today, but one particular individual will get the full Virgo treatment: you'll make them feel like a star.

LIBRA ♎
SEPT 23-OCT 23
It's a good thing you know how to juggle several things at once because your commitments are beginning to get out of hand.

SCORPIO ♏
OCT 24-NOV 22
You would be the first to admit that you have made a few enemies and one of them will cause you some trouble today.

SAGITTARIUS ♐
NOV 23-DEC 21
Try not to be too annoyed if someone you live or work with lets you down today. It may turn out to be a blessing in disguise.

CAPRICORN ♑
DEC 22-JAN 20
Be careful what you say over the next 24 hours because your words may sound harsher than you intended.

AQUARIUS ♒
JAN 21-FEB 18
You may not be much looking forward to the week ahead but it will be a lot more fun than you imagine, so start looking around for reasons to be happy.

PISCES ♓
FEB 19-MARCH 20
The planets indicate that friends and colleagues will help you out in any way they can – all you have to do is ask.

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This day in history

1569: First recorded lottery in England.
1787: William Herschel discovers Titania and Oberon, two moons of Uranus.
1879: Milk is first delivered in bottles.
1908: Grand Canyon National Monument is created.
1922: First use of insulin to treat diabetes in a human patient.
1935: Amelia Earhart is the first woman to fly solo from Hawaii to California.
1994: The Irish Government announces the end of a 15-year broadcasting ban on the IRA and its political arm Sinn Féin.

METRO NEWS SERVICES

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